

Nourishing Bath Oil - Sleep Easy Blend

Ingredients

2 cups Sweet Almond Oil (or a blend of base oils up to 2 cups)

10 drops Lavender Essential Oil

10 drops Orange Essential Oil

6 drops Geranium Essential Oil

Directions

Combine all ingredients in a re-closable bottle or jar and mix well.

To use, add 1 teaspoon of mixture to bath.

